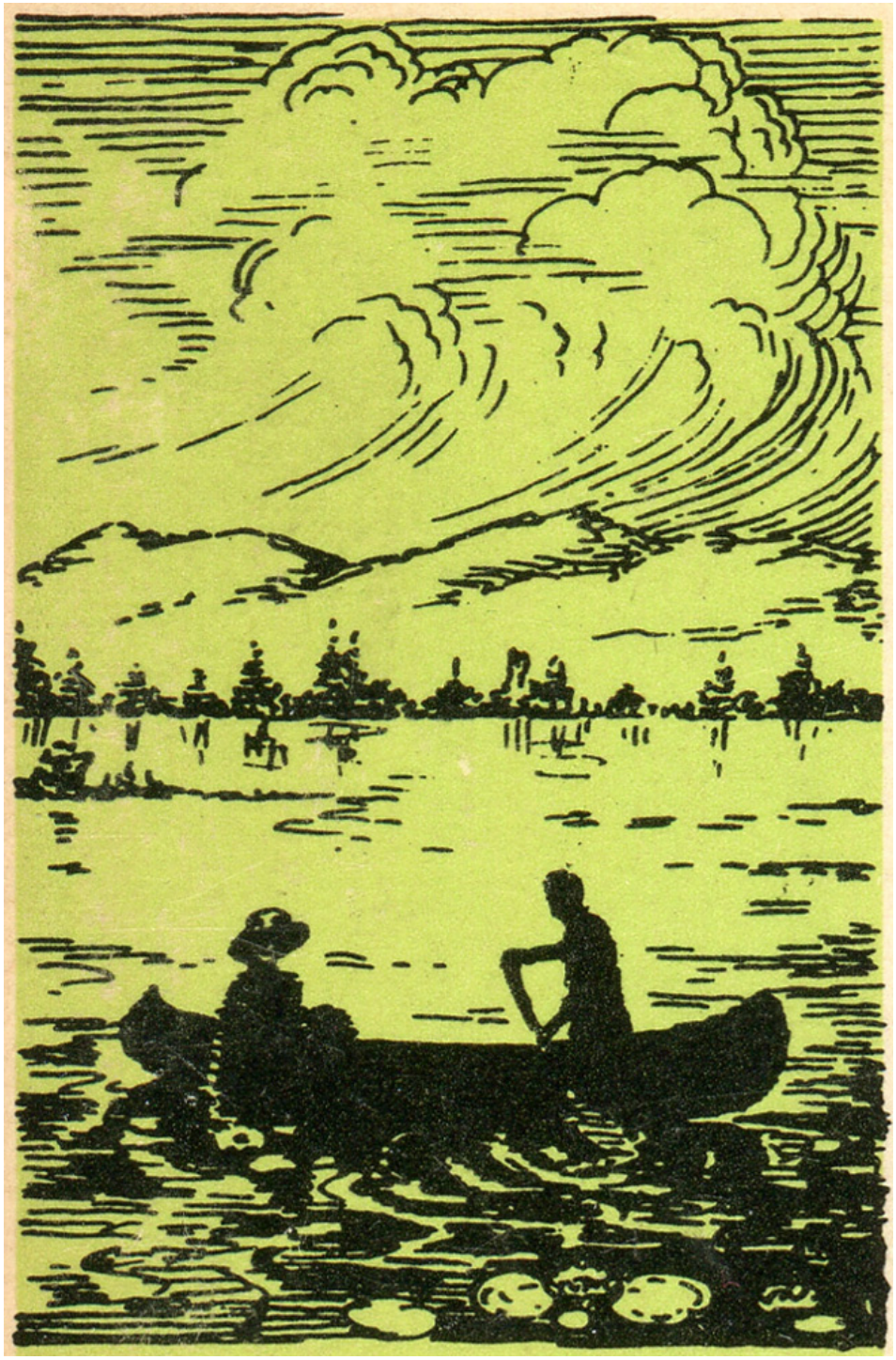
NATURE'S SEVEN DOCTORS



FRESH AIR

SUNSHINE

PURE WATER

GOOD FOOD

EXERCISE

REST

POWER OF THE MIND